

Pasifika Flavours

Inspired by traditional
Pacific dishes and
ingredients



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The Heart Foundation's Pacific Heartbeat offers Pacific heart health advice. Our goal is to reduce the high rates of heart disease in Pacific people, by encouraging and supporting people and their communities to make positive lifestyle changes.

Pacific Heartbeat provides:

- Pacific nutrition courses
- Smokefree support
- Healthy recipes and resources

We want every New Zealander to live a long, healthy life and enjoy precious moments with their loved ones.

To find out more about our services, please contact us at:

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Pasifika Flavours

Welcome to *Pasifika Flavours*, a collection of mouth-watering recipes designed to take you on a tantalising tour of the Pacific Islands. We've hand-picked some of the best traditional dishes from across the region and given them a healthy spin. You'll also find a selection of modern dishes and a handful of everyday recipes suitable for the whole family.

Pasifika Flavours has something for everyone. So, why not try one of these recipes with your family today?

Good luck and enjoy!

Easy ways to flavour food

- ▶ Add extra vegetables and fruit that are in season
- ▶ Instead of using salt, season dishes with pepper, ginger, garlic, onions, chilli, curry powder, lemongrass roots, kaffir lime leaves, turmeric, cumin, cinnamon and paprika. For more tips see page 5
- ▶ Dry roast spices in a frying pan to bring out more of the flavours
- ▶ Add the juice of a lemon or a simple homemade salad dressing (see page 36) to cooked vegetables and salads before serving
- ▶ Gently fry any onion and/or garlic in a little oil before you use them, to bring out the sweetness





Tips for healthy Pasifika cooking

Replace animal-based fats with plant-based fats

- ▶ Except for coconut fats (cream) and palm oil as these are high in saturated fat and not good for the heart
- ▶ Eat less saturated animal-based fats such as butter, meat fat, lard, ghee, cream and chicken skin
- ▶ Good sources of plant-based fats include: nuts, seeds, avocados and plant oils such as canola, soy and olive oils
- ▶ Oils from fish such as salmon, tuna, sardines and mackerel are also healthy

Coconut cream/oil

- ▶ Eat less coconut cream/oil
- ▶ One-third of coconut cream is fat and most of that fat is saturated
- ▶ Coconut cream and coconut milk are different; coconut cream has less water, has more fat and has a thicker texture
- ▶ It's important to try and dilute coconut cream by adding water without affecting the flavour and texture

Ways to reduce your saturated fat intake

- ▶ Eat mostly whole and less-processed foods, rather than high-fat convenience foods and takeaways
- ▶ Cut off visible fat from meat and remove the skin from chicken
- ▶ Choose leaner cuts of meat such as corned silverside instead of salted brisket. See Povi/Pulu Masima recipe on page 34
- ▶ When you cook stews, casseroles, soups and gravies, skim off any fat that sits on the surface
- ▶ Choose reduced-fat milk and milk products whenever possible

Ways to reduce your salt intake

- ▶ Try not to add salt when you're cooking. If you do add salt, use iodised salt
- ▶ Try to avoid adding salt at the table
- ▶ Eat mostly whole and less-processed foods. Around $\frac{3}{4}$ of the salt we eat comes from processed or packaged foods such as bread, processed meats and sauces
- ▶ Use the per 100g column of the nutrition information panel, when comparing products (see page 8)
- ▶ Salt is listed as 'sodium' on a product's nutrition information panel
- ▶ Look for foods labelled as reduced or low-salt options
- ▶ Season with herbs and spices rather than salt





Watch out for sugar

- ▶ Sugar doesn't satisfy your hunger
- ▶ Eating or drinking too much added sugar can contribute to increased body weight and may also increase your risk of type 2 diabetes
- ▶ Sugar comes in many forms, including: traditional sugar (e.g. white sugar, brown sugar or icing sugar) syrups, honey and juices
- ▶ Adding sugar to foods or drinks adds extra calories or energy but no other nutrients (vitamins, minerals and protein)
- ▶ Sugar is naturally present in foods such as whole fruit, plain milk and plain unsweetened yoghurt. These foods are healthy to eat
- ▶ The World Health Organisation recommends that we eat no more than 6 teaspoons of free sugars* each day
- ▶ Free sugars hide in everyday packaged and pre-prepared foods, such as biscuits, cake, yoghurt, ice cream, fruit drinks and breakfast cereals, tomato sauce, as well as more obvious sources like soft drinks, cordial, chocolate and lollies

* Free sugars are those added to foods by the manufacturer, cook or consumer, plus sugars that are naturally present in honey, syrups and fruit juices.

How to cut down on sugar

- ▶ Limit your intake of sugary drinks, lollies, cakes, biscuits, bakery products and sweet-tasting foods. Keep these foods for special occasions only
- ▶ If you do buy a can of soft drink, juice or cordial, dilute it with water
- ▶ Gradually cut back on the amount of sugar you sprinkle on cereal, or add to your coffee, tea and milk drinks
- ▶ Use fruit for sweetness instead of adding sugar, e.g. chopped banana on porridge
- ▶ Instead of snacking on biscuits, chocolate or cake, go for fresh fruit, vegetables, nuts, unsweetened yoghurt, or cheese and crackers
- ▶ When choosing processed foods, choose those with low levels of sugar. Remember that the 'per 100g' information on food labels includes naturally-occurring and added sugar. The ingredient list will show how many types of sugar have been added

Tip: if you cut back on sugar gradually, you won't even notice the taste difference!



Food labels

Taking a little bit of extra time to read food labels when you're shopping can have big pay-offs, but it can be hard to make sense of all those numbers. Here's a quick guide to what the numbers mean.

Choose foods with less energy (kilojoules) if you want to lose weight

Choose foods lower in saturated fat. Replacing saturated fat with unsaturated fat reduces your risk of heart disease

Sodium is the harmful part of salt. Eating too much can raise your blood pressure

| Nutritional Information | | |
|-------------------------|----------------------|-------------------|
| Servings per package: 3 | | |
| Serving Size: 150g | | |
| | Quantity per serving | Quantity per 100g |
| Energy | 608kj | 405kj |
| Protein | 4.2g | 2.8g |
| Fat, total | 7.4g | 4.9g |
| - Saturated | 4.5g | 3.0g |
| Carbohydrate | 18.6g | 12.4g |
| - Sugar | 18.6g | 12.4g |
| Sodium | 90mg | 60mg |

Shows how much of the nutrient is in one serving. The serving size is determined by the manufacturer

Use the 'per 100g' column to compare foods

Sugar can occur naturally in food or be added. The problem with added sugar is that it adds energy (kilojoules) but not nutrients

We recommend comparing the food labels on products and choosing foods that are:

- ▶ Higher in fibre
- ▶ Lower in saturated fat
- ▶ Lower in sodium
- ▶ Lower in sugar

If you are watching your weight, look for foods that contain less energy (calories/kilojoules).

Look for the Heart Foundation's Two Ticks logo, which makes it quicker and easier to choose core foods for a healthier diet – for you and your family. Core foods are basic foods that should make up the bulk of your diet.

Food portions

It's easy to eat more food and drink than we need for our daily activities. So, just how much is enough?

Using your own hand can be an easy way to check meal portions.



Closed fist

A closed fist is a good guide for a portion of starchy carbohydrate foods like taro, potato, rice, banana and bread

Tip – if you want more than one carbohydrate in your meal, reduce the size of each one, so the total is the size of one fist



Palm of your hand

The palm of your hand is a good guide for a portion of meat, chicken or pork

Tip – the thickness of the meat should be about the same thickness as the palm of your hand



Whole of your hand

The whole of your hand is a good portion guide for a piece of fish

Tip – your whole hand is about the size of one fish fillet, which is enough for a meal



Two cupped hands

Your two hands cupped together is a good guide for the portion of non-starchy vegetables like carrots, broccoli, beetroot, cauliflower, eggplant, silverbeet or cabbage

Tip – choose vegetables from all the colours of the rainbow. Each colour provides a different range of nutrients

Healthy Heart Visual Food Guide



eat most

vegetables
& fruit



eat some

grain foods &
starchy vegetables



legumes, fish, seafood,
eggs, poultry & meat



milk, yoghurt
& cheese



healthy oils,
nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

simple steps

Healthier eating can be easy. Why not start by taking one simple step?
Here are some ideas to add goodness to your kai:

vegetables & fruit : a variety of colours



'Add one' more vege to dinner



'Add one' salad vege to your sandwich



'Add one' coleslaw to a takeaway meal



'Add one' piece of fruit to breakfast or lunch

my step

grain foods & starchy vegetables : wholegrain & high-fibre



Swap from white bread to wholegrain



Choose baked potatoes or kumara instead of deep fried



Use wholemeal instead of white flour



or

Choose just one starchy or grainy food at a meal

my step

legumes, fish, seafood, eggs, poultry & meat : lean & skinless



Cut the fat off meat and skin off chicken



Drain the fat from canned corned beef



Add a can of legumes to a dish and use less meat



Steam, grill or pan fry fish instead of deep frying

my step

milk, yoghurt & cheese : reduced fat



Switch to lite blue, green or yellow top milk



Swap from full fat to reduced fat cheese



Swap from a sweet bakery item to plain yoghurt



Try homemade instead of bought takeaways

junk food & takeaways : cut back



Downsize from a big plate to a smaller size



Swap from two scoops of ice cream to one scoop

healthy oils, nuts & seeds



Swap from butter or ghee to oils or margarine



Choose a handful of nuts for a snack instead of potato chips



Add avocado to a sandwich or salad



Swap a can of fizzy to water or milk



Swap from two scoops of ice cream to one scoop

Ingredients you'll need

Pasifika Flavours recipes are made using the ingredients below.

If you don't have the exact ingredient for the recipe you're making, try substituting it with a similar one. If an ingredient seems too expensive, replace it with a more affordable ingredient or leave it out.

Eggs
Feta cheese, reduced-salt
Mayonnaise, reduced-fat
Yoghurt, reduced-fat
Evaporated milk, reduced-fat
Coconut cream, lite
Coconut thread
Coconut water

Sesame oil
Vegetable oil
Peanut oil
Olive oil
Malt vinegar
Cider vinegar

Sweet chilli sauce
Fish sauce
Soy sauce, reduced-salt
Tomato sauce, reduced-salt & sugar
Mustard
Peanut butter

White Sugar
Golden syrup
Brown sugar
White flour
Wholemeal flour
Cornflour
Baking powder
Baking soda
Cocoa powder
Koko Samoa
Custard powder
Tapioca/arrowroot
Sago

Vanilla essence
Cinnamon
Cumin
Curry powder
Red curry paste

Black pepper
Peppercorns
Sesame seeds
Banana
Green banana
Apple
Watermelon
Lemon
Lime
Orange
Mango
Pineapple
Pawpaw

Kaffir lime leaves
Mint leaves
Bay leaves
Parsley
Coriander
Chilli
Lemon leaves

Tomatoes
Cherry tomatoes
Lettuce
Cabbage
Bok Choy
Taro leaves
Spinach
Green beans
Bean sprouts
Watercress

Taro
Kumara
Potato
Pumpkin
Plantain
Cassava
Eggplant
Carrot
Broccoli
Cucumber

Peppers

Vermicelli noodles
Medium grain rice

Mixed vegetables, frozen
Beans, frozen
Pineapple, canned, crushed
Pineapple, canned, pieces
in juice

Mackerel, canned
Sardines, canned
Fish fillets

Beef lean
Corned beef, canned
Corned silverside
Chicken drum sticks
Chicken cooked
Boneless chicken breast
Pork mince
Lean pork

Spring onions
Red onions
Onions
Ginger
Garlic



Takihi – Pawpaw and Taro Bake

Niue Serves 4

Ingredients

1 small taro, peeled and thinly sliced

1 small pawpaw or ripe papaya, peeled and sliced

½ medium onion, sliced

1½ cup lite coconut cream

Method

1. Heat oven to 180°C
2. Layer taro, pawpaw and onion in a baking dish and repeat the layers until taro and pawpaw are used up
3. Press the slices down to compact them
4. Pour the coconut cream over the top of the dish
5. Cover with tin foil
6. Bake for approximately 1½ hours or until taro is cooked through and soft when pierced

Per serve:

ENERGY

684kJ

SAT FAT

2.1g

CARBS

24g

FIBRE

3.1g

SODIUM

217mg



'Ota ika – Raw Fish Salad

Tonga Serves 8

Ingredients

1 kg fresh fish fillets,
mullet or gurnard

5 lemons, juice only

3 spring onions, chopped
finely

1 small cucumber, seeds
removed, chopped into
bite-size pieces

2 tomatoes, chopped

½ green or yellow
pepper, chopped

1½ cups lite coconut
cream

1 cup water

Pepper, to taste

Method

1. Rinse the fish and cut into cubes
2. Place in a shallow dish and cover with the lemon juice
3. Leave to marinate for at least 1 hour in the fridge
4. Drain off the lemon juice
5. Add the spring onions, cucumber, tomatoes, pepper, lite coconut cream and water
6. Season with pepper and mix well
7. Transfer to a serving bowl, cover and chill before serving

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 707kJ | 3.7g | 3.7g | 1g | 120mg |





Suruwa – Curry Fish Lolo

Fiji Serves 4

Ingredients

2 Tbsp vegetable oil
 1 large onion, finely diced
 1 Tbsp fresh ginger, crushed
 4 cloves garlic, crushed
 2 Tbsp curry powder
 1 cup water
 ½ cup lite coconut cream
 600g fish fillets
 200g bok choy, washed and chopped
 1 large tomato, diced
 ¼ cup fresh coriander, chopped

Method

1. Heat oil in a medium-sized saucepan
2. Add onion and cook slowly until soft
3. Add ginger, garlic and curry powder and continue to cook for another minute
4. Add water and coconut cream and cook gently for 10 minutes
5. Add fish, bok choy and tomato, and cook for approximately 5 minutes or until the fish is cooked through
6. Sprinkle with coriander before serving
7. Serve with taro, kumara or potato and Pineapple Mango Salsa (see recipe on page 23)

Recipe provided by Tuliana Sulivan

Per serve:

| | | | | |
|--------|---------|-------|-------|--------|
| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
| 1121kJ | 3.4g | 6.4g | 2.3g | 195mg |

Palusami – Taro Leaves Parcel

Samoa Serves 1

Ingredients

5-6 medium-sized taro leaves

½ onion, finely diced

¾ cup lite coconut cream

Aluminium foil

Method

1. Remove the stalk and ribs from the taro leaves. Rinse under running water and shake dry
2. Mix the onion with the lite coconut cream
3. Layer 5–6 taro leaves, so they overlap each other to create a bowl in the palm of your hand
4. Pour in the onion and coconut cream mixture
5. Gather up the edges of the taro leaves with your other hand to close the parcel
6. Place the taro parcel onto the aluminium foil and quickly close to form a tight ball
7. Place in an oven dish and bake at 200°C for 1 hour or cook in an umu (hangi or underground oven)
8. Serve with green bananas or taro

Tip

If you don't have lite coconut cream, water down 1 can of coconut cream with 1 cup of water

Per serve:

ENERGY

1625kJ

SAT FAT

5g

CARBS

58.4g

FIBRE

7.2g

SODIUM

491mg



Lū – Taro Leaves Parcel

Tonga *Serves 2*

Ingredients

5–6 medium-sized taro leaves

$\frac{1}{2}$ cup lean beef or $\frac{1}{2}$ of a 12oz can corned beef, with fat drained off

1 onion, finely diced

$\frac{1}{2}$ cup lite coconut cream

Aluminium foil

Method

1. Remove the stalks from the taro leaves. Rinse under running water and shake dry
2. Layer 5–6 taro leaves, so they overlap each other to form a leak-proof circular shape on a large square piece of aluminium foil
3. Place about $\frac{1}{2}$ cup of meat in the centre of the leaf and add the onion
4. Gather up the edges of the taro leaves to create a bowl then pour in the coconut cream
5. Close up the taro leaves to form a parcel
6. Place the taro parcel onto the aluminium foil and quickly close to form a tight ball
7. Place in an oven tray and bake at 200°C for 1 hour, or cook in an umu (hangi or underground oven)
8. Serve with green bananas or taro

Per serve when using lean beef:

ENERGY

684kJ

SAT FAT

2.1g

CARBS

24g

FIBRE

3g

SODIUM

217mg



Sua fa'i – Banana Soup

Samoa Serves 4

Ingredients

3 ripe bananas

Water to cover

1–2 Tbsp sago

$\frac{1}{3}$ cup lite coconut cream

Lemon or lime juice (optional)

Method

1. Peel and mash the bananas by hand, leaving some lumpy bits
2. Add enough cold water to cover the bananas
3. Add sago and stir through
4. Place the banana mixture in a saucepan. Bring to the boil over a medium heat, then reduce heat and simmer for 10–15 minutes, stirring occasionally until sago goes transparent
5. Stir in the coconut cream just before serving
6. Serve warm with a squeeze of lime or lemon juice

Alternative

To serve cold, pour into individual bowls and refrigerate

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 416kJ | 2.2g | 18g | 1g | 3mg |





Koko Alaisa – Cocoa Rice

Samoa Serves 4

Ingredients

1/3 cup medium grain rice
3 cups water or coconut water
2 Tbsp cocoa, or finely-grated Koko Samoa
1 1/2 Tbsp sugar
1 lemon leaf (optional)
2–3 Tbsp lite coconut cream

Method

1. Place all ingredients, except coconut cream, in a saucepan
2. Bring to the boil and reduce heat to a gentle simmer. Stir occasionally to avoid mixture sticking to the bottom of the saucepan
3. Continue to cook slowly until the rice is cooked (or at the desired consistency) and covered in a creamy chocolate sauce, about 30–40 minutes
4. Remove from heat and stir in the coconut cream

Tip

Using Koko Samoa will give a more traditional bitter-sweet taste

Per serve:

| | | | | |
|--------|---------|-------|-------|--------|
| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
| 478kJ | 1.7g | 21g | 1g | 40mg |

Poke – Pumpkin or Banana

Cook Islands **Serves 4**

Ingredients

*2 cups cooked pumpkin
or mashed banana*

*1 cup tapioca powder
(arrowroot starch)*

*3 Tbsp lite coconut
cream*

*¼ cup evaporated
reduced-fat milk*

¼ cup water

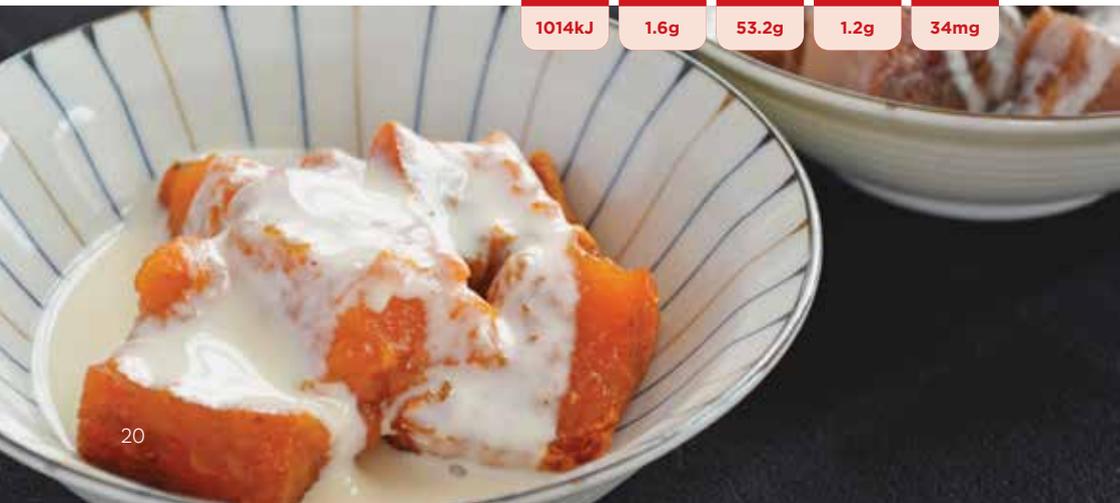
2 tsp cornflour

Method

1. Heat oven to 150°C
2. Place mashed pumpkin or banana into a saucepan and continue to mash and mix over a medium heat until it forms a thick paste and comes to the boil. If you are using banana, it will have changed colour to become almost purple. Allow to cool
3. Once cooled, mix in the tapioca until it is smooth and lump-free
4. Spread the mixture into an oiled loaf tin or baking dish that will allow the mixture to be about 2-3cm deep. Cover with tin foil and bake for approximately 2 hours, or until a smooth skin has formed on top. Allow to cool slightly before cutting into small squares
5. In a saucepan, mix together the coconut cream, evaporated milk, water and cornflour. Heat gently, stirring consistently until coconut sauce comes to the boil, remove from heat
6. Serve poke with a drizzle of coconut sauce

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1014kJ | 1.6g | 53.2g | 1.2g | 34mg |





‘Otai – Watermelon Smoothie

Tonga Serves 8

Ingredients

1 watermelon

1 mango

*227g can crushed
pineapple or 1 cup grated
fresh pineapple*

400ml lite coconut milk

3 cups cold water

Method

1. Cut the watermelon in half. Using a spoon, scrape the watermelon flesh into a large bowl. Discard the rind and use a spoon to remove the seeds
2. Peel the mango and cut the flesh away from the stone. Finely chop or grate the mango and add to the watermelon
3. Add the pineapple, coconut milk and water, and mix well
4. Serve over ice cubes in a tall glass and garnish with mint leaves

Tip

Watermelon should be firm and heavy, and the part of the melon that has been in contact with the ground is yellow. The fruit sounds hollow when tapped

Per serve:

| | | | | |
|--------|---------|-------|-------|--------|
| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
| 353kJ | 0.1g | 19g | 1.1g | 68mg |

Summer Fish Salad **Serves 4**

Ingredients

4 eggs

200g green beans,
trimmed

2 x 106g cans sardines,
drained

6 cups lettuce, washed
and torn into bite-size
pieces

4 cups cooked taro/
green bananas/cassava/
plantain, cut into bite-
size pieces

16 cherry tomatoes,
halved

1 lemon, cut into wedges

Method

1. Hard boil the eggs, then peel and quarter
2. Boil beans for 3-4 minutes until cooked but still slightly crunchy and bright green. Drain the beans in a colander under cold running water until cool
3. Drain oil from sardines
4. Arrange the lettuce on a large platter or individual serving plates. Scatter the cooked taro/green bananas/cassava/plantain, eggs, tomatoes, green beans and whole sardines over the lettuce
5. Squeeze lemon juice over the dish just before serving

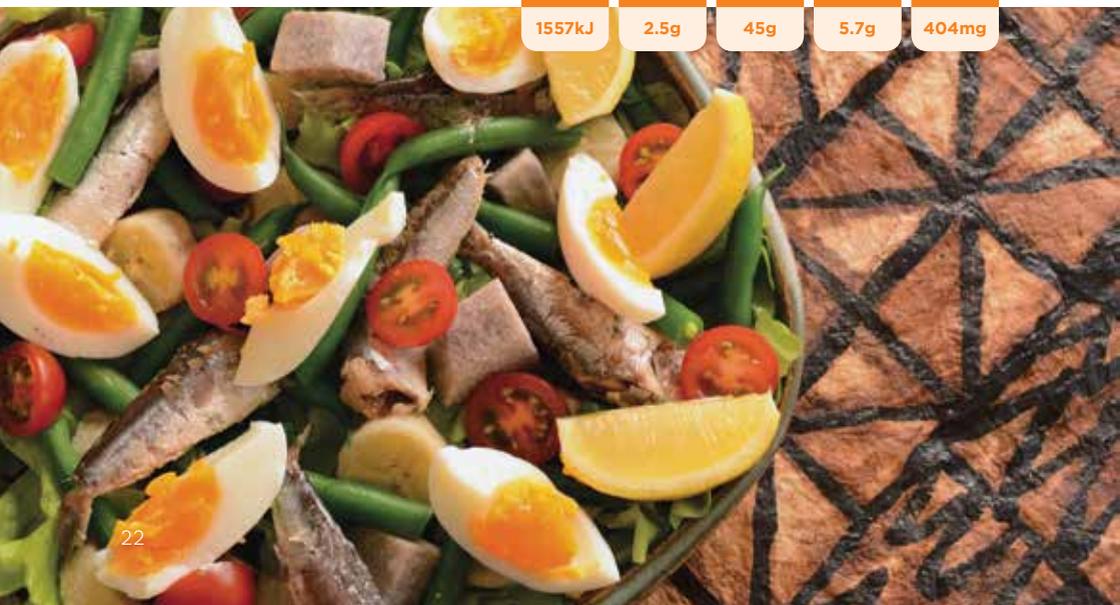
Variations

Replace sardines with tuna in spring water

Replace beans with asparagus

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1557kJ | 2.5g | 45g | 5.7g | 404mg |





Pineapple and Mango Salsa

Serves 4

Ingredients

1 cup pineapple, diced

1 medium mango, diced

½ small red onion, finely diced

1 medium tomato, diced

2 Tbsp lemon or lime juice

¼ cup fresh coriander, chopped

1 Tbsp fresh chilli, chopped

Method

1. Mix all salsa ingredients together and refrigerate until ready to serve
2. Serve with grilled fish or chicken

Tips

Pineapples should have a sweet smell and be firm, with a slightly elastic skin, and be bright yellow at the base

If a pineapple is reddish brown, it is over-ripe

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 207kJ | 0.0g | 11.3g | 2.1g | 5mg |



Vegetable and Bean Sprout Fritters *Serves 1*

Ingredients

1 tsp vegetable oil

1 egg

1 Tbsp flour

½ tsp sesame oil

¼ cup bean sprouts

1 cup mixed frozen vegetables, thawed

Method

1. Heat the vegetable oil in a frying pan over a medium heat
2. Beat the egg with the flour and sesame oil
3. Mix in the bean sprouts and vegetables
4. Pour mixture into a pan and cook until lightly browned on one side; flip and cook on the other side until lightly browned
5. Serve warm with your choice of sauce and salad

Tip

This recipe can be easily multiplied to serve more than 1 person

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1415kJ | 3.2g | 22.5 | 5.5g | 108mg |

Kumara Salad **Serves 6**

Ingredients

3 medium kumara,
washed, cut into large
pieces

1 orange (zest and juice)

¼ cup reduced-fat
yoghurt, unsweetened

¼ cup reduced-fat
mayonnaise

1 tsp curry powder

1 Tbsp sesame seeds

2 apples, diced

4 spring onions, sliced

Method

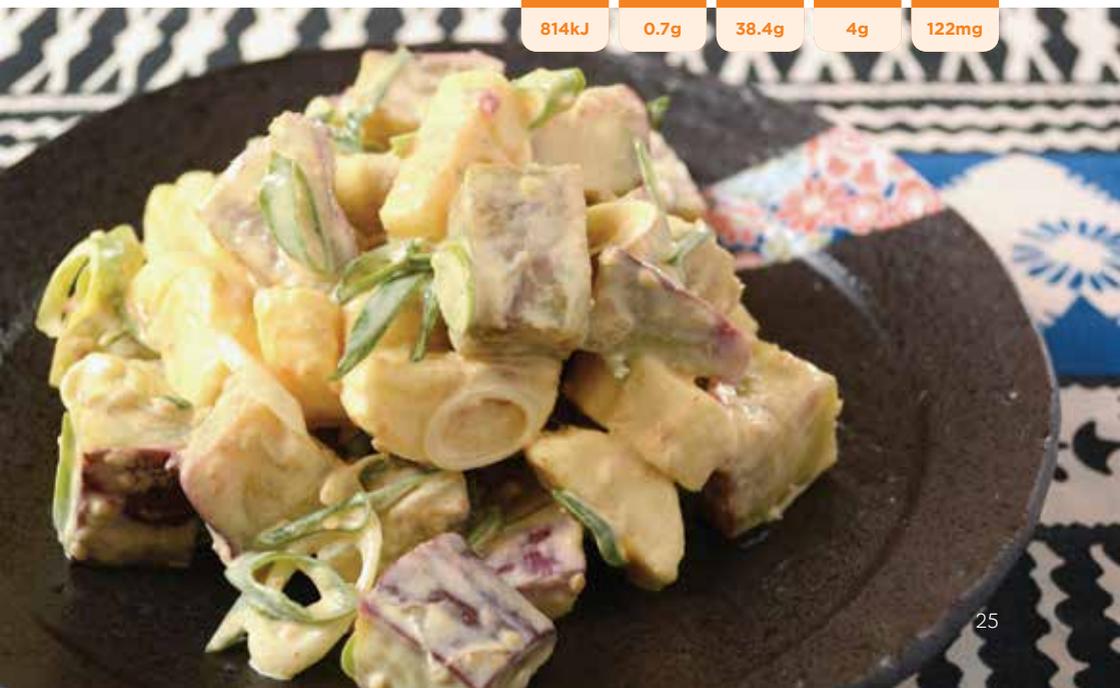
1. Steam or boil the kumara until cooked, then drain and allow to cool before cutting into bite-size pieces
2. Make the dressing by mixing the orange zest and juice with the yoghurt, mayonnaise and curry powder
3. Toast sesame seeds by dry frying them in a pan over a medium heat. Stir continuously with a wooden spoon until lightly golden brown, then remove from the pan
4. Gently mix cooked kumara with the apple, spring onions, sesame seeds and dressing
5. Serve with lean meat and seasonal vegetables

Variation

Replace the apple with banana, orange segments, or chopped celery and walnuts

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 814kJ | 0.7g | 38.4g | 4g | 122mg |



Stuffed Green Bananas Serves 6

Ingredients

1 Tbsp vegetable oil
½ onion, chopped finely
2 cloves garlic, crushed
6 green bananas
225g minced pork
1 Tbsp peanut butter
1 egg, beaten
Pepper, to taste

Method

1. Heat the oil in a small frying pan. Add the onions and garlic, cook until soft, then remove from the heat
2. Without peeling, halve the bananas lengthways. Scrape out the banana flesh, leaving the half banana skins in one piece
3. In a bowl, mix together the onions, garlic, banana, pork mince, peanut butter and egg. Season with pepper
4. Put the mixture back into the banana skins, then place the two halves together and tie with string or secure with rubber bands
5. In a bamboo steamer, arrange the bananas in a single layer and cover with the lid. Place the steamer over a pot of boiling water; reduce the heat to a steady simmer and cook for 25 minutes or bake in an oven at 180°C
6. Serve with taro, kumara or potato and seasonal vegetables

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 871kJ | 2.1g | 23.1g | 2.9g | 57mg |



Eggplant Curry with Mackerel

Serves 4

Ingredients

3 cups spinach
 2 medium eggplants
 2 Tbsp vegetable oil
 1 onion, finely chopped
 2 Tbsp red curry paste
 1 cup water
 1 chilli pepper,
 finely chopped
 1 kaffir lime leaf,
 roughly chopped
 400g can mackerel,
 drained

Method

1. Wash the spinach and remove the hard stems
2. Slice the eggplant into 2cm bite-size pieces
3. In a saucepan, heat the oil and fry onion until soft. Add the red curry paste and cook for 1 minute, then add the water and mix well
4. Add the eggplant, chilli and kaffir lime leaves. Cook for 20 minutes or until the eggplant is cooked
5. Add the spinach and fish. Cook until the spinach is wilted and the fish is warm through

Variations

Replace the mackerel with canned tuna

Replace the red curry paste with curry powder

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 818kJ | 2.2g | 6.2g | 3.7g | 193mg |



Watermelon Salad **Serves 8**

Ingredients

*1 kg watermelon,
rind and seeds removed*

2 cucumbers

*2 spring onions,
finely sliced*

*½ cup mint leaves,
torn in half*

1 Tbsp lemon juice

*120g feta cheese,
reduced-salt, crumbled*

Olive oil (optional)

Method

1. Cut the watermelon into bite-size pieces and arrange on a serving dish
2. Peel cucumbers, scoop out seeds and cut into small cubes
3. Combine cucumber, spring onions, mint leaves and lemon juice in a bowl
4. Place the cucumber mixture over the plated watermelon then sprinkle with feta cheese
5. Garnish with a little olive oil
6. Serve with lean meat, taro, kumara or potato and seasonal vegetables

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 248kJ | 3.3g | 4.7g | Trace | 160mg |

Chilli Chicken Vermicelli Salad

Serves 4

Ingredients

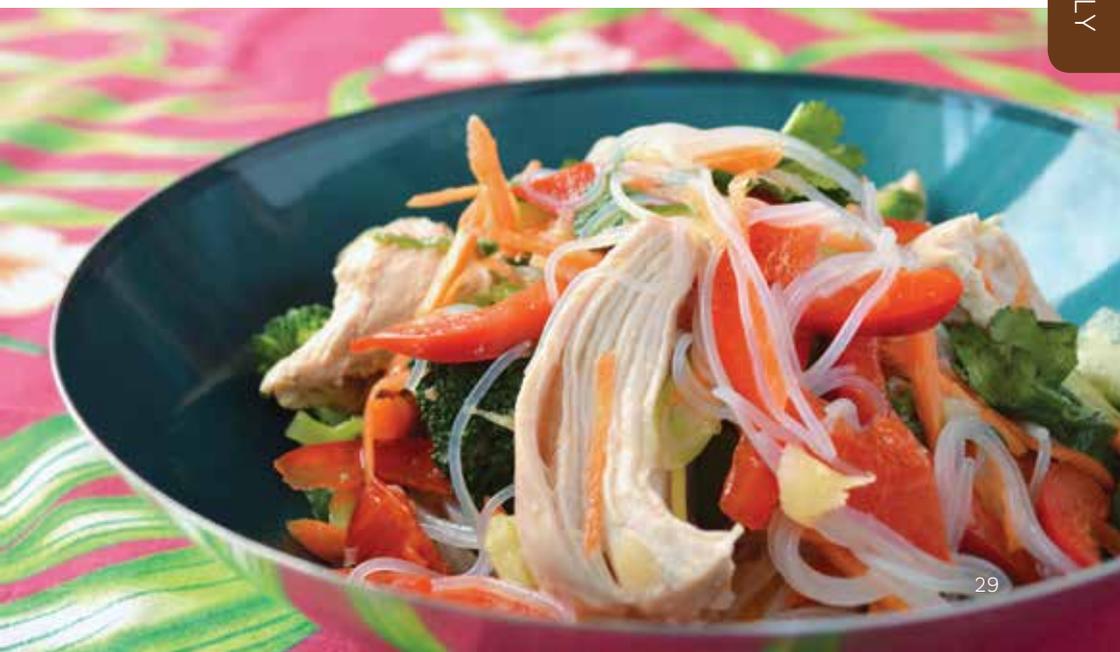
1 packet vermicelli, dry
4 Tbsp sweet chilli sauce
4 Tbsp lemon or lime juice
1 Tbsp fish sauce
1 Tbsp sesame oil
2 carrots, finely sliced
1/3 cucumber, sliced
1/4 head broccoli, cut into small florets, cooked
1 large pepper, sliced
2 spring onions, sliced finely
500g chicken, cooked and shredded
1 cup fresh pineapple, diced

Method

1. Place vermicelli in a large heatproof bowl and cover with boiling water. Let stand until just tender (about 5 to 10 minutes) and then drain
2. Mix together the chilli sauce, lemon or lime juice, fish sauce and sesame oil in a lidded jar
3. Combine the remaining ingredients in a serving bowl
4. Gently fold in the vermicelli and chilli dressing

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1385kJ | 2.4g | 42g | 3.4g | 307mg |



Sweet and Sour Pork **Serves 4**

Ingredients

425g canned pineapple pieces in juice

2 tsp soy sauce, reduced-salt

1 ½ Tbsp vinegar

1 ½ Tbsp lite tomato sauce

2 tsp brown sugar

1 tsp fresh ginger, grated

1 Tbsp cornflour

1 Tbsp vegetable oil

500g lean pork, sliced

1 medium onion, sliced

1 pepper, chopped

2 medium carrots, peeled and sliced

½ head broccoli, cut into florets

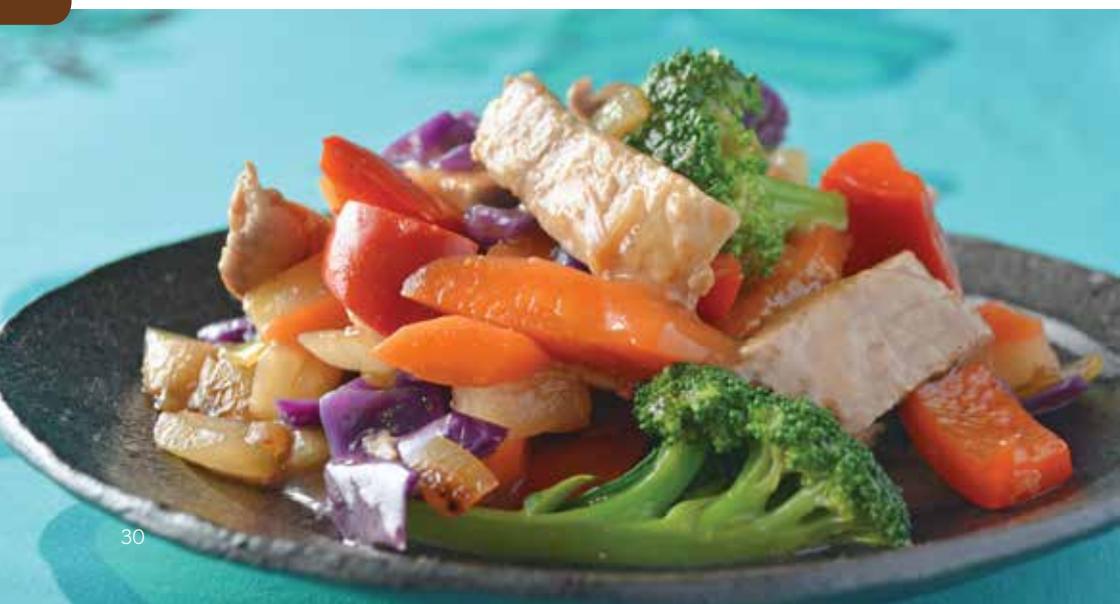
2 cups cabbage, shredded

Method

1. Place pineapple (with juice) soy sauce, vinegar, tomato sauce, brown sugar and ginger in a saucepan and heat until simmering
2. Wet the cornflour with a little water. Slowly pour the cornflour mixture into the simmering sauce, stirring constantly until it reaches the desired thickness. Remove from the heat
3. Heat oil in a large frying pan or wok. Add the pork and brown, then remove from the pan and set aside
4. Add the vegetables to the pan and cook until tender
5. Add the pork back into the pan with the sweet and sour sauce, and heat through
6. Serve with brown rice

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 522kJ | 0.5g | 21g | 4.4g | 51mg |





One-dish Roast Chicken with Vegetables **Serves 4**

Ingredients

500g chicken
1 medium onion
2 cups pumpkin, peeled and seeded
1 medium red pepper
1 large kumara, washed
2 Tbsp olive oil
3 Tbsp lemon juice
2 cups watercress leaves
Pepper, to taste

Method

1. Preheat oven to 200°C
2. Cut the chicken, onion, pumpkin, red pepper and kumara into similar sized pieces
3. Spread out on a roasting dish and toss with oil
4. Roast approximately 30 minutes or until cooked through and browned. You will need to turn the pieces over once or twice during the cooking
5. Remove from the oven and mix through the lemon juice and watercress leaves before serving. Season with pepper

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1512kJ | 2.8g | 38g | 4.8g | 135mg |

Sapasui – Chop Suey Serves 10

Ingredients

3 packets vermicelli
1 Tbsp peanut oil
1 onion, finely chopped
4 cloves garlic, peeled and crushed
2 Tbsp fresh ginger, grated
1 ½ kg lean beef, cut into small pieces
2 large red peppers or carrots, finely chopped
2 cups broccoli, cut into bite-sized pieces
1 cup fresh or frozen green beans, sliced
½ cup soy sauce, reduced-salt

Method

1. Place the vermicelli in a large bowl and add hot water until just covered. Soak for 10-15 minutes or until the noodles have expanded
2. Heat the oil in a large pot, add the onion, garlic and ginger cook until onion is soft
3. Add the beef and cook until it is just done
4. Drain the vermicelli over a bowl, saving ½ cup of the soaking liquid
5. Add the vermicelli and ½ cup of soaking liquid to the beef mix
6. Add the vegetables and soy sauce, and simmer for a couple of minutes
7. Serve immediately

Tips

Be careful not to stir this dish too much, or the vermicelli will become mushy

If you don't have peanut oil, just use whatever oil you have on hand

Per serve:

ENERGY

1517kJ

SAT FAT

4.3g

CARBS

58g

FIBRE

2.8g

SODIUM

266mg





Coconut Chicken Slaw **Serves 4**

Ingredients

1 ½ kg boneless and skinless chicken breast

¼ cup lite coconut cream

1 tsp ginger, grated

2 cloves garlic, crushed

1 tsp fish sauce (optional)

½ medium red onion, sliced

2 Tbsp vinegar

¼ medium cabbage, finely shredded

2 medium carrots, finely sliced

½ cup fresh coriander, chopped

¼ cup fresh mint, chopped

3 Tbsp lemon or lime juice

Method

1. Place chicken, coconut cream, ginger, garlic and fish sauce into a small saucepan and heat slowly with the lid on top
2. Heat on low for 10-15 minutes until the chicken is cooked through, then remove from the heat and allow to cool
3. Shred chicken into bite-size pieces and return to the cooking liquid. Keep refrigerated
5. Marinate the red onion in the vinegar for 30 minutes or more
6. When ready to serve, mix together the remaining ingredients, including the marinated onion and chicken

Tip

Replace the chicken with half a cooked chicken; remove the skin and shred

Per serve:

ENERGY

1385kJ

SAT FAT

2.4g

CARBS

42.2g

FIBRE

3.4g

SODIUM

307mg

Povi/Pulu Masima – Corned Silverside

Serves 8-10

Ingredients

1 ½ kg corned silverside

1 Tbsp brown malt vinegar

1-2 bay leaves

1 tsp black peppercorns

1 Tbsp brown sugar or golden syrup

orange rind (optional)

water to cover

Method

1. Remove the meat from its wrapping and rinse under the tap. Trim away any visible fat
2. Place the meat in a large, deep pot
3. Add the vinegar, bay leaves, peppercorns, sugar or golden syrup and orange rind
4. Pour cold water over the meat until covered
5. Place the lid on the pot and simmer for 2½ hours until cooked
6. You may need to top up the pot with more water, to keep the meat completely covered
7. Once cooked, remove meat from the pot, cover and set aside for 12-15 minutes. Discard the liquid
8. Slice meat across the grain and serve with mashed potatoes or taro and seasonal vegetables

Per 100g serve:

ENERGY

1016kJ

SAT FAT

6g

CARBS

Trace

FIBRE

Trace

SODIUM

910mg





Corned Silverside Fry-Up **Serves 6**

Ingredients

- 1 Tbsp vegetable oil*
- 1 onion, finely chopped*
- 4 cups cooked root vegetables, chopped into bite-size pieces – eg. taro, potatoes, kumara, pumpkin, carrots*
- 2 cups cooked corned silverside, shredded or finely chopped*
- ½ small cabbage, finely sliced*
- 2 tomatoes, chopped, or 1 cup frozen mixed vegetables*
- 6 eggs*

Method

1. Heat the oil in a large frying pan
2. Add the onion and cook until brown
3. Add the root vegetables and brown
4. Add the corned beef
5. Once the corned beef is warmed through, add the sliced cabbage and tomatoes. Stir-fry until the cabbage has softened, but is still crisp and green
6. Make 6 dents in the mix and crack an egg into each one. Cook until the eggs are done to your liking. You may need to put the pan under the grill if you like your eggs well done, or alternatively hard boil the eggs and remove the shells before placing into the dents
7. Serve immediately

Per 100g serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1240kJ | 5.3g | 16g | 2g | 566mg |

Dressings and meat marinade

Basic Salad Dressing

Makes 1 cup

Ingredients

½ cup vinegar or lemon juice

½ cup vegetable oil

1 tsp mustard

pepper, to taste

Method

Place all the ingredients in a tight-lidded container and shake well to mix

Variation

Add 2 Tbsp of finely chopped herbs, such as parsley, basil, chives, or mint

Marinade for Meat

Makes 1 cup

Ingredients

¼ cup sweet chilli sauce

¼ cup soy sauce, reduced-salt

2 tsp garlic, minced

1 tsp fresh ginger, minced

1 lemon (zest and juice)

Method

Place all the ingredients in a tight-lidded container and shake well to mix

Use 2 Tbsp of marinade per kilo of meat and marinate for at least 2 hours or overnight

Creamy Dressing

Makes 1¼ cups

Ingredients

1 cup reduced-fat yoghurt, unsweetened

¼ cup vinegar or lemon juice

1 tsp mustard

Freshly-ground black pepper

Method

Place all the ingredients in a tight-lidded container and shake well to mix

Variations

Replace the vinegar or lemon juice with orange juice or cider vinegar

For a curry dressing, replace the mustard with 2 tsp of curry powder

Alternative

Combine ⅓ cup lemon juice, ⅓ cup reduced-fat yoghurt, unsweetened, ⅓ cup reduced-fat mayonnaise and season with freshly-ground black pepper

Pineapple and Banana Meringue Pudding **Serves 6**

Ingredients

1 cup coconut water or water

3 Tbsp lite coconut cream

1½ cups crushed pineapple in juice

2 bananas, mashed

4 Tbsp custard powder

4 egg whites

3 Tbsp sugar

Method

1. Heat oven to 180°C
2. Place coconut water, coconut cream, pineapple and banana into a saucepan and bring to a simmer
3. Wet the custard powder with a little water to form a thin paste
4. Slowly add the custard mixture to the saucepan, stirring constantly until thickened
5. Pour into baking dish and allow to cool
6. Whisk egg whites until stiff
7. Add sugar and continue to whisk until smooth and shiny with soft peaks forming
8. Place the egg white mixture on top of the custard and bake for approximately 15-20 minutes or until the top is beginning to brown
9. Allow to cool before serving

Per 100g serve:

ENERGY

525kJ

SAT FAT

0.8g

CARBS

24g

FIBRE

0.6g

SODIUM

74mg

SOMETHING SWEET

Pacific Fruit Cake **Serves 16**

Ingredients

¾ cup sugar
3 eggs
⅔ cup vegetable oil
1 tsp vanilla essence
3 bananas, mashed
227g can crushed pineapple in juice, well drained
1 tsp baking soda
1 cup white flour
1 cup wholemeal flour
2 tsp baking powder
1 tsp cinnamon
¼ cup thread coconut

Method

1. Preheat oven to 180°C
2. Grease a 23cm round spring form cake tin and line the base with baking paper
3. In a large bowl, whisk together sugar, eggs, oil and vanilla
4. Add the banana, pineapple and baking soda and mix well
5. Add flours, baking powder and cinnamon. Mix until just combined
6. Pour the mixture into the cake tin and sprinkle thread coconut on top
7. Bake for 50-55 minutes or until an inserted toothpick comes out clean
8. Leave in cake tin for 15 minutes before turning out

Per 100g serve:

ENERGY

929kJ

SAT FAT

2g

CARBS

25g

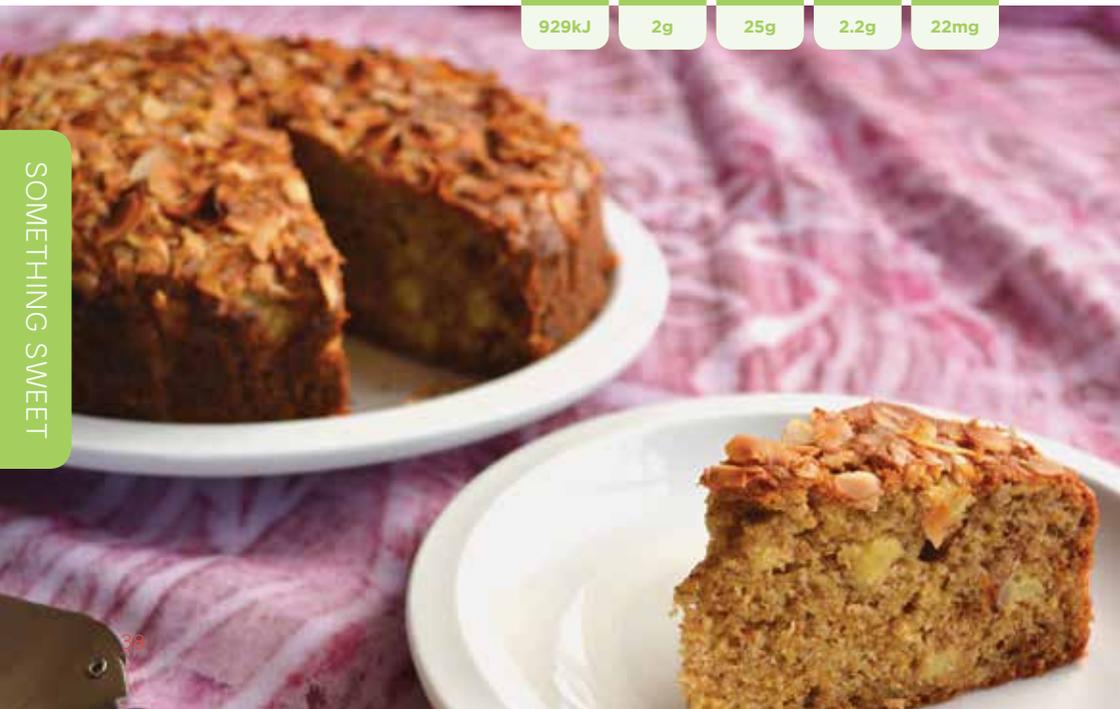
FIBRE

2.2g

SODIUM

22mg

SOMETHING SWEET



Weights and measures

Abbreviations

| | |
|------|-----------------|
| Tbsp | tablespoon |
| tsp | teaspoon |
| °C | degrees Celsius |
| g | grams |
| mg | milligrams |
| L | litre |

Kitchen measures

| | |
|--------|---------------|
| 1 Tbsp | = 15 ml |
| 1 tsp | = 5 ml |
| 3 tsp | = 1 Tbsp (NZ) |
| 1 cup | = 250 ml |
| ½ cup | = 125ml |
| 4 cups | = 1 litre |



Food safety – clean, cook, chill

Foodborne illness is caused by bacteria like *Campylobacter* and *Salmonella*, which multiply very fast in warm, moist conditions.

These illnesses are avoidable by following some simple food handling tips.

Clean, cook and chill www.foodsmart.govt.nz/food-safety/tips/clean-cook-chill will help you keep your friends and family safe from foodborne illness that causes upset tummies.

Five simple steps to eating for a healthy heart

1. Eat plenty of vegetables and fruit
2. If choosing meat, make it lean; include fish as an alternative
3. Choose reduced-fat milk
4. Replace butter with healthy oils and margarines
5. Reduce salt; check sodium on food labels

Other free cookbooks

heartfoundation.org.nz/recipes

heartfoundation.org.nz/freecookbooks



The Heart Foundation is New Zealand's heart charity, leading the fight against our country's biggest killer – heart disease. As a charity, the Heart Foundation relies on the generosity and goodwill of everyday Kiwis to support its work.

We provide support, care and advice to help people and their families affected by heart disease. We also fund leading-edge research and specialist training for cardiologists, while our education and prevention programmes tackle heart disease head-on in the community.

Through our work with young children, we create a foundation for keeping hearts healthy into the future.

Pacific Heartbeat Programmes and Services

We want every New Zealander to live a long, healthy life and enjoy precious moments with their loved ones.

To make a donation, please go to
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